

Asthma Action Plan

Asthma Action Plan for _____

Date _____

Healthcare Provider's Name _____

Phone Number _____

Hospital/Emergency Room Phone Number _____

GREEN ZONE: Doing Well

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

And, if a peak flow meter is used,

Peak flow: more than _____
(80% or more of my best peak flow)

My best peak flow is: _____

Take These Long-Term-Control Medicines Each Day (include an anti-inflammatory)

Medicine	How much to take	When to take it

Before Exercise

☐ _____ ☐ 2 or ☐ 4 puffs 5 to 60 minutes before exercise

YELLOW ZONE: Asthma is Getting Worse

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

OR

Peak flow: _____ to _____
(50% - 80% of my best peak flow)



Add: Quick-Relief Medicine and keep taking your GREEN ZONE medicine

_____ ☐ 2 or ☐ 4 puffs, every 20 minutes for up to 1 hr
(short-acting beta₂-agonist) ☐ Nebulizer, once

If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:

- ☐ Take the quick-relief medicine every 4 hours for 1 to 2 days.
- ☐ Double the dose of your inhaled steroid for _____ (7-10) days.

OR

If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:

- ☐ Take: _____ ☐ 2 or ☐ 4 puffs or ☐ Nebulizer
(short-acting beta₂-agonist)
- ☐ Add: _____ mg. per day for _____ (3-10) days
(oral steroid)
- ☐ Call your healthcare provider ☐ before / ☐ within _____ hours after taking the oral steroid.

RED ZONE: Medical Alert!

- Very short of breath, or
- Quick-relief medicines have not helped, or
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in Yellow Zone

OR

Peak flow: less than _____
(50% of my best peak flow)

Take this medicine:

☐ _____ ☐ 4 or ☐ 6 puffs or ☐ Nebulizer
(short-acting beta₂-agonist)

☐ _____ mg.
(oral steroid)

Then call your healthcare provider NOW. Go to the hospital or call for an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your healthcare provider.

DANGER SIGNS

- Trouble walking and talking due to shortness of breath
- Lips or fingernails are blue



- Take ☐ 4 or ☐ 6 puffs of your quick-relief medicine AND
- Go to the hospital or call for an ambulance (_____) **NOW!**